The University of Montana Graduate Programs in the Department of Health and Human Performance

HHP WESITE
UNIVERSITY OF MONTANA

Nestled in the Rocky Mountain grandeur of western Montana, Missoula is the hub of five valleys and three major rivers – the Blackfoot, the Bitterroot and the Clark Fork. Roughly halfway between Glacier and Yellowstone national parks, Missoula is a blend of small-town charm and big-city sophistication.

One of the first things visitors notice is how friendly people are here. With about 60,000 residents and visitors from around the globe, the city has an increasingly diverse population. On summer Saturdays, Missoulian’s congregate at the Farmer’s Market for fresh produce, coffee and conversation. Year-round, they meet on the recreation al trails that run alongside the river through the heart of downtown and past campus. Hiking, bicycling, fly fishing, river rafting and skiing are all big here. It’s no wonder that the book “How to Get an Ivy League Education at a State University” called Missoula “a Rocky Mountain Berkeley ... the kind of place many people hate to leave.”

HHP PROGRAM DESCRIPTIONS

The Department of Health and Human Performance (HHP) in the College of Education and Human Sciences at UM has four different Masters degree curriculum tracks, three with the option of a thesis or professional paper and one with a professional paper and practice-based capstone project. The four options are Exercise Science, Community Health and Prevention Sciences, Master in Public Health in Community Health and Prevention Sciences, and HHP Generalist.

POTENTIAL CAREER OPPORTUNITIES:

Athletic Programs:
- Strength & Conditioning Coach
- Sport Coach

Exercise & Fitness Center:
- Program Director
- Personal Trainer
- Exercise Specialist
- Fitness Instructor

Hospital Wellness Programs:
- Program Director
- Exercise Specialist
- Fitness Instructor
- Health/Patient Educator

Corporate Fitness Programs:
- Program Director
- Exercise Specialist
- Health Promotion Specialist

Rehabilitation Centers:
- Exercise Specialist
- Exercise Testing Technician

Community and Public Health:
- Non-Profit Program Director
- Public Health Specialist
- Human Resources or Wellness Program Director/Specialist
- Community Health Specialist
- Indian Health Service or Tribal Health Program Disease Prevention Specialist
- HIV/AIDS Community Program Director/Specialist
- Employee Health Program Specialist
- University/College Student Wellness Program Specialist

Preparation for Further Study In:
- Physical Therapy
- Medicine
- Physician's Assistant
- Chiropractic Medicine
- Exercise Physiology
- Nutritional Science
- Graduate Programs (Ph.D.)
- Nursing
- Community Health/Public Health

Other Allied Areas:
- Research & Development
  -- Exercise Equipment
- Sales
  -- Exercise & Testing Equipment
  -- Pharmaceuticals
- Sports Performance & Fitness Testing

Graduate students in HHP are intertwined with the workings of the HHP dept and treated as professionals. We expect professionalism in return. Students are given access to an office to be shared with other graduate students. This office doubles as the Martin-Sharkey Human Kinetics library. Graduate students thus have access to every book produced by this leader in health and exercise publishing.

Useful links:

HHP dept; Graduate School; Maps; campus visits; campus housing; financial aid

HHP Graduate Program Revised 4/17 C.Dumke
EXERCISE SCIENCE

The **Research Option** is designed for those students who intend to pursue further graduate studies. This option involves a more intensive study of laboratory methods and statistical and research design. A thesis is required.

The **Applied Option** is intended for those students who plan to pursue professional careers in Exercise or Applied Sciences (corporate/adult fitness, cardiac rehabilitation, strength and conditioning). This option involves additional required course work and an internship. Coursework is modified to meet student needs.

**Prerequisites** for the Exercise Science option include a year of Anatomy and Physiology and Exercise Physiology.

### Core Requirements (23 credits)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>HHP 486</td>
<td>Statistical Procedures in Education (or advisor approved substitution)</td>
<td>3</td>
</tr>
<tr>
<td>HHP 520</td>
<td>Educational Research</td>
<td>3</td>
</tr>
<tr>
<td>HHP 529</td>
<td>Advanced Physiology of Exercise I</td>
<td>3</td>
</tr>
<tr>
<td>HHP 530</td>
<td>Advanced Physiology of Exercise II</td>
<td>3</td>
</tr>
<tr>
<td>HHP 524</td>
<td>Ethics in Health &amp; Human Performance</td>
<td>3</td>
</tr>
<tr>
<td>HHP 531</td>
<td>Laboratory Procedures in Exercise Science</td>
<td>3</td>
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<tr>
<td>HHP 528</td>
<td>Advanced Exercise Prescription</td>
<td>3</td>
</tr>
<tr>
<td>HHP 594</td>
<td>Graduate Seminar (2 X 1 credit each fall)</td>
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Total 23

### Research Option Requirements: (41 credits minimum)

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<tr>
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<td>Thesis</td>
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### Applied Option Requirements: (42 credits minimum)

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<tr>
<td>HHP 598</td>
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<td>HHP 599</td>
<td>Professional Paper</td>
<td>3</td>
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<tr>
<td>OR</td>
<td></td>
<td></td>
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<tr>
<td>HHP 699</td>
<td>Thesis</td>
<td>6</td>
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<tr>
<td>OR</td>
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</table>

Written comprehensive exam

### Possible Electives (to meet minimum credit requirements)

Elective credits should be chosen in consultation with and approved by the student’s academic advisor.

As examples…

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>NUTR 411</td>
<td>Nutrition for Sport</td>
<td>3</td>
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<tr>
<td>HHP 475</td>
<td>Legal &amp; Ethical Issues in the Exercise Professions</td>
<td>3</td>
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<tr>
<td>HHP 482</td>
<td>Electrocardiogram Assessment</td>
<td>1</td>
</tr>
<tr>
<td>HHP 483</td>
<td>Exercise, Disease and Aging</td>
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<tr>
<td>HHP 484</td>
<td>Exercise, Disease and Aging – Laboratory</td>
<td>1</td>
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<tr>
<td>HHP 485</td>
<td>Theories of Health Behavior &amp; Counseling</td>
<td>3</td>
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<td>HHP 540</td>
<td>Health Promotion Strategies</td>
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<tr>
<td>HHP 492</td>
<td>Program Planning for Community Health</td>
<td>3</td>
</tr>
<tr>
<td>HHP 430</td>
<td>Health Aspects of Aging</td>
<td>3</td>
</tr>
<tr>
<td>HHP 465</td>
<td>Leading HHP Organizations</td>
<td>3</td>
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<tr>
<td>HHP 417</td>
<td>Fundamentals of Coaching</td>
<td>3</td>
</tr>
<tr>
<td>BIOH 462</td>
<td>Principles of Medical Physiology</td>
<td>3</td>
</tr>
<tr>
<td>BIOB 468</td>
<td>Endocrinology</td>
<td>3</td>
</tr>
<tr>
<td>HHP 544</td>
<td>Community Based Participatory Research Methods</td>
<td>3</td>
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</table>
COMMUNITY HEALTH and PREVENTION SCIENCES

The Community Health and Prevention Sciences graduate degree option is designed to provide students with an in-depth knowledge of the role of program planning and behavioral science theory in the development of health related programs designed to improve the physical, mental and social health of individuals and communities. Graduates in Community Health are prepared to work in a variety of settings. These include non-profits, health organizations, public health departments, corporate wellness programs, college and university human resource and wellness programs, community health agencies, and primary health care sites such as hospitals and health organizations.

Students who will be most successful in the community health and prevention sciences option are those who are deeply interested in the interrelationship among all aspects of health (social, emotional, mental, spiritual and physical) and in the life sciences and behavioral sciences. In addition, success in this field requires imagination and creativity in applying scientific knowledge to strategies for individual and community change through a wide range of educational, environmental and political approaches. Students graduating with a degree in Community Health will be eligible to take the national exam to become Certified Health Education Specialists.

Prerequisites for the Community Health and Prevention Sciences option are on a case by case basis. Interested students are encouraged to contact Blakely Brown (blakely.brown@umontana.edu), Laura Dybdal (laura.dybdal@umontana.edu), or Annie Sondag (annie.sondag@umontana.edu).

Core Requirements (20 credits)

<table>
<thead>
<tr>
<th>Course</th>
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<tr>
<td>HHP 485</td>
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<td>HHP 486</td>
<td>Statistical Procedures in Education</td>
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<td>OR</td>
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</tr>
<tr>
<td>SOC 563</td>
<td>Social Data Analysis</td>
</tr>
<tr>
<td>HHP 415</td>
<td>Health &amp; the Mind, Body, Spirit Relationship</td>
</tr>
<tr>
<td>HHP 544</td>
<td>Community Based Participatory Research</td>
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<tr>
<td>HHP 524</td>
<td>Ethics in Health &amp; Human Performance</td>
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<td>HHP 540</td>
<td>Health Promotion Strategies</td>
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<td>HHP 488</td>
<td>Program Planning for Community Health</td>
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<tr>
<td>HHP 594</td>
<td>Graduate Seminar (2 X 1 credit each fall)</td>
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Thesis Option Requirements: (38 credits minimum)

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<td>HHP 699</td>
<td>Thesis</td>
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<td>OR</td>
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<td>Written comprehensive exam</td>
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Professional Paper Option Requirements: (38 credits minimum)

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<th>Course</th>
<th>Credits</th>
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<tbody>
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<td>Internship</td>
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<tr>
<td>HHP 599</td>
<td>Professional Paper</td>
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<tr>
<td>OR</td>
<td></td>
</tr>
<tr>
<td>Written comprehensive exam</td>
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</tbody>
</table>

Electives (minimum 9 credits)

Elective credits must be chosen in consultation with and approved by the student’s academic advisor.
The Masters in Public Health in Community Health and Prevention Sciences graduate degree option is offered in collaboration with UM’s Department of Health and Human Performance (HHP) and the School of Public and Community Health Sciences (SPCHS). The integrative program leads to a distinct 42 credit graduate degree that can be accredited by the Council on Education for Public Health (CEPH). The option provides a distinct combination of courses and training that prepares new practitioners in public health focused on community and behavioral sciences.

Faculty from both programs (HHP and SPCHS) contribute expertise to the MPH in Community Health and Prevention Sciences. In addition to taking nine courses (27 credits) in Community Health and Prevention Sciences offered by HHP, students attain additional public health core content by taking five of the existing MPH generalist on-line courses (i.e., biostatistics, epidemiology, health services, environmental health, and ethics, 15 credits). Courses in the degree option are delivered in a prescribed sequence to a cohort of full-time students. The blend of on-line and on-campus courses makes the new option attractive to students who want an on-campus experience that provides more in-person opportunities to work collaboratively with faculty mentors. The new concentration is of interest to new public health practitioners and students recently graduated from undergraduate programs.

### Core Requirements (36 credits)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
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<tr>
<td>HHP 540</td>
<td>Community Health Promotion Strategies</td>
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<td>HHP 544</td>
<td>Community Based Participatory Research Methods</td>
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<tr>
<td>PUBH 510</td>
<td>Introduction to Epidemiology</td>
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<tr>
<td>PUBH 560</td>
<td>Environmental and Rural Health</td>
<td>3</td>
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<td>HHP 541</td>
<td>Program Planning in Community Health</td>
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<td>HHP 485</td>
<td>Theories of Health Behavior &amp; Counseling</td>
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<td>PUBH 570</td>
<td>Ethical Issues in Public Health</td>
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<td>PUBH 530</td>
<td>Public Health Administration and Management</td>
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<tr>
<td>PUBH 520</td>
<td>Fundamentals of Biostatistics</td>
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<td>Professional Paper</td>
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### Electives (minimum 6 credits)

Elective credits must be chosen in consultation with and approved by the student’s academic advisor.

For more information contact Blakely Brown, Professor – HHP at blakely.brown@umontana.edu

*NOTE: Final approval for the MPH in Community Health and Prevention Sciences anticipated at the Board of Regents meeting, March 2017.*
HHP Graduate Program

HHP GENERALIST

This option prepares students who are seeking a broad general knowledge in the field of Health and Human Performance. The broad-based option responds to the needs of students who do not desire to specialize, but want to focus on the diversity of Health and Human Performance. The broad-based option offers the flexibility to design individualized programs, enabling students to pursue career paths requiring expertise in multiple areas.

Prerequisites for the Generalist option include Anatomy and Physiology and Psychology.

Degree Course Work Requirements (37 credits)

<table>
<thead>
<tr>
<th>Course Code</th>
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<td>HHP 486</td>
<td>Statistical Procedures in Education</td>
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<td>HHP 520</td>
<td>Educational Research</td>
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<td>HHP 524</td>
<td>Ethics in Health and Human Performance</td>
<td>3</td>
</tr>
<tr>
<td>HHP 540</td>
<td>Health Promotion Strategies</td>
<td>3</td>
</tr>
<tr>
<td>HHP 594</td>
<td>Graduate Seminar (2 X 1 credit each fall)</td>
<td>2</td>
</tr>
<tr>
<td>HHP 596</td>
<td>Independent Study</td>
<td>2</td>
</tr>
<tr>
<td>HHP 699</td>
<td>Thesis</td>
<td>6</td>
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<td>OR</td>
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<tr>
<td></td>
<td>Written Comprehensive Exam</td>
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<td></td>
<td>OR</td>
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</tr>
<tr>
<td>HHP 599</td>
<td>Professional Paper</td>
<td>3</td>
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</table>

Total 16-22

Electives (minimum 18 credits)

Elective credits must be chosen in consultation with and approved by the student’s academic advisor.
ADMISSION REQUIREMENTS

1. Application Materials and Deadline

To ensure consideration for a teaching assistantship for the fall semester, application packet materials must be received by March 1st. All applicants are encouraged to apply by March 1st. Application packets submitted after this date are reviewed by the HHP Graduate Committee depending upon program space. Applications for spring semester will be evaluated on a case-by-case basis.

Instructions for applying to the Graduate School are in the Applying for Admission section of the UM Graduate School web site.

In addition to the application materials required by the Graduate School, the Department of Health and Human Performance also requires:

- A statement of purpose of your background and goals, including your degree option choice. (max 500 words)
- A resume/curriculum vitae

2. Requirements for Full Admission

- A bachelor's degree.
- Minimum GPA of 3.0 for all college work.
- Completion of the GRE with sufficient scores in all three areas (Quantitative, Verbal and Written). Average scores for incoming graduate students are Q=150.3, V=150.9, W=3.8.
- The Health and Human Performance department accepts GRE scores with a test date that is within the past five years OR verifiable GRE scores if the test date is over five years old.

3. International Students

- Application deadline of January 1
- The TOEFL exam can substitute for the GRE.
- See the following sections on the UM Graduate School web site.

Graduate school: [http://www.umt.edu/grad/](http://www.umt.edu/grad/)
Grad school resources: [http://life.umt.edu/grad/Resources/default.php](http://life.umt.edu/grad/Resources/default.php)
Graduate admissions: [http://life.umt.edu/grad/Apply/default.php](http://life.umt.edu/grad/Apply/default.php)

GRADUATE ASSISTANTSHIPS (GA)

UM provides teaching assistantships which are limited to ½ time assistantships. The stipend (2 semesters) for a teaching assistantship from the Graduate School is $4,500. All ½ time teaching assistantships come with a one semester tuition waiver. The most common duties of graduate assistants in the HHP department include helping with academic classes, and assisting with undergraduate lab classes and instructing activity classes. Additionally, grant funding from individual faculty members may be available to supplement student funding. These funds depend on faculty research grants. Prospective students are encouraged to contact faculty to inquire about these opportunities. Extra funding from additional sources can conspire to allow students to apply for out of state waivers through the TARA guidelines. Current tuition rates can be found [here](http://www.umt.edu/grad/). Tuition waivers cover the cost of in-state or out-of-state tuition and the $30 registration fee for one semester. Other fees charged by the University are not covered. Fees depend on number of credits and residency status. They range from $500-$3000.
Assistantship Application and Deadline

New students: Students should indicate their interest in an assistantship within the admission materials of the graduate school application. Students should request a GA application from Dr. Dumke following the completion of their application to the program.

Returning students: submit a letter of intent and GA application to the graduate coordinator, Chuck Dumke, McGill Hall #103 or charles.dumke@umontana.edu.

Contact info about HHP graduate programs, admission, and address to send in GA application:

Charles Dumke, PhD, FACSM
Graduate Program Coordinator
University of Montana
Health and Human Performance
203 McGill Hall
32 Campus Drive
Missoula, MT 59812
charles.dumke@umontana.edu
406.243.6176

FACULTY RESEARCH INTERESTS

The backgrounds, areas of expertise, and research interests of the HHP faculty are expansive and provide a broad base to accommodate the needs and specific interests of graduate students. Please also refer to our web page for additional information about our faculty and their research interests. The following are short descriptions and abbreviated list of most recent publications by our faculty.

EXERCISE SCIENCE:

Dr. Charles Dumke researches the effect of exercise, environment and nutrition on fuel metabolism and the adaptations associated with training.


Dr. John Quindry examines oxidative stress and cardioprotection in human and animal models. Oxidative stress is a natural consequence of acute exercise participation and can serve as the stimulus for beneficial exercise adaptations. In contrast, chronic doses of oxidative stress are the cornerstone of cardiac pathologies, including heart attack and heart failure.


Dr. Brent Ruby researches the effects of environmental stress (heat, cold, hypoxia) on the bodies ability to adapt and acclimatize. In addition Dr. Ruby is interested in the use of stable isotope tracers for measures of total energy expenditure and water turnover and the dietary needs of ultra-endurance athletes and workers.

**Dr. Matt Bundle**, and his students, study the relationship between the forces produced by human muscle and the resulting movements of the body. At present we are actively investigating, 1) how musculo-skeletal function influences the top sprinting speeds human runners can attain, 2) how the mechanics of muscular contraction influence the rates of performance loss that occur as individuals perform brief exhaustive exercise, and 3) how the physiology of muscle failure can be applied for clinical, workplace and athletic performance benefits.


**COMMUNITY HEALTH and PREVENTION SCIENCES:**

**Dr. Annie Sondag’s** research is focused on examining the physical, social and mental health needs of stigmatized and underserved segments of the population. Currently, Dr. Sondag is collaborating with the Montana Department of Public Health and Human Services to assess the health related needs of the transgender/ genderqueer communities.


**Dr. Laura Dybdal’s** scholarship interests are broad including research in HIV prevention, rural and Native populations, and creative work in Social Marketing media strategies. Dr. Dybdal is director of the new Mind-Body lab at UM and is conducting studies on health and the Mind-Body relationship.


**Dr. Blakely Brown’s** area of expertise is behavioral and community health. The majority of Dr. Brown’s research has focused on understanding and impacting health behaviors related to preventing chronic disease, and improving food access and systems in Native and non-Native children and families living in rural communities.


**ATHLETIC TRAINING:**
Dr. Moody's research is primarily focused on concussion legislation and policy development. Other areas of interest include injury prevention strategies in wild land firefighters as well as improving pedagogical practices of athletic training educators.

**Dr. Melanie McGrath** examines injury to the lower extremity, specifically the knee. She is interested in the prevention of knee injuries, the appropriate rehabilitation after injury, and the identification of factors that lead to joint degeneration and osteoarthritis after injury.

**GENERALISTS:**
**Dr. Charles Palmer** researches the human factors involved in high risk professions, particularly wildland firefighters.

**Dr. Clarence “Gene” Burns** is currently researching and writing the history of the Health and Human Performance Department at The University of Montana. Past research has focused on history, ethics, philosophy, particularly in their applications to higher education.

**Dr. Arthur "Tucker" Miller** studies player and coach's involvement in youth sports and public school teacher effectiveness.

HHP Graduate Program
Revised 4/17 C.Dumke
GRADUATE STUDENT RESEARCH:

In addition, graduate students at University of Montana have completed research. Following is a brief list of some of the projects that graduate students have completed in recent years. More can be found on the UM e-thesis site which is searchable by department: http://scholarworks.umt.edu/etd/

Exercise Science:


Michael Powell - Design and Testing of High Speed Instrumented Treadmill.

Tyler Gallo - Continuous measures of muscle blood flow during all-out dynamic exercise.

Timothy Hampton – IMPLICATIONS OF DISCONTINUOUS EXERCISE (WALK/RUN) ON THE MAINTENANCE OF THERMOREGULATION IN THE HEAT

Felipe VonSydow - EFFECTS OF EXOGENOUS ICE SLURRY ON THE MITIGATION OF PSI

Michael Cramer - The effects of fast food versus commercial recovery product dietary choices on immediate post-exercise glycogen re-synthesis and exercise performance

Hilary Palakovich - Theophylline and Ambrisentan in Combination at Altitude to Improve Physical Performance and Mitigate Acute Mountain Sickness

Nate Keck - Effect of lower limb compression (NormaTec) on glycogen resynthesis

Whitney Tameler - Cardiac Rehabilitation Referral and Enrollments Rates with Different Referral Strategies.

Joseph Pellegrino - RUNNING ECONOMY: IMPROVEMENTS IN PHYSIOLOGICAL EFFICIENCY ATTAINED THROUGH CHANGES IN MUSCLE STRUCTURAL MORPHOLOGY

Cory Kaufman - ICE SLURRY AND COLD DRINK REDUCES EXERCISE INDUCED PHYSIOLOGICAL STRAIN IN THE HEAT

Brianna Lui - HEAT ACCLIMATIZATION DURING SEASONAL WILDFIRE SUPPRESSION

Benjamin Lovelace - Evaluation of Physical Fitness Tests and the Usefulness of an Internal Crew Questionnaire to Predict Job Readiness in Hotshots

Lauren McGuigan - Vitamin D and Athletic Performance A Critical Assessment for Coaches and Athletes

Stephanie Harger-Domitrovich; “Exogenous Carbohydrate Spares Muscle Glycogen in Men and Women during 10 h of Exercise”

Joe Domitrovitch; “Hydration Delivery Systems For Wildland Firefighters”

John Cuddy; “Supplemental feedings increase self-selected work output during wildfire suppression”

Community Health and Prevention Sciences:

Elizabeth Redkin – Examining the Sex Education Needs of Montana’s Sexual and Gender Minority Youth.

Aria Mangan - A Needs Assessment: Barriers to Wildland Firefighter Fitness Training.

Samantha Dalton - Determining the associations between sibling relationships and their amount of physical activity, parent perceptions of their siblings’ relationships, and the risk of childhood obesity.
Maja Pedersen: Building Capacity to Increase Health Promotion Funding to American Indian Communities: Recommendations from Community Members.

Brandy Lumpkin - ASSESSING THE FEASIBILITY OF MOBILE MINDFULNESS APPLICATION USE AMONG ACTIVE DUTY SERVICE MEMBERS AND VETERANS

Amy Lommen - "Relactation: A Phenomenological Study."

Anna von Gohren - An Assessment of the Health Needs of the Transgender Community in Montana.

Christiana Ricci - "Assessing the influence of Parent/Guardian variables on select type 2 Diabetes risk factors among 10 to 14 year old Northern Plains Indian Youth"

Jennifer Elliott; "An Assessment of the retail Food Environment, Access to Food, and Food Security in Missoula, Montana in Relation to the Socioeconomic and Health Status of its Residents"

Kristin Rohfleisch; "An Assessment of Female Freshman Students’ Nutrition Education Needs at the University of Montana"

Helen Burnside; “Evaluation of Montana’s HIV Prevention Social Marketing Campaign”

Ruliang Liao; “An Assessment of Quality of Life Among Hepatitis B Virus Carriers in China”

Corey Campbell; “An Outcome Evaluation of An Outreach Program for Injection Drug Users”

Jacqueline Kakos; “Process and Impact Evaluation of the Montana HIV Prevention Social Marketing Campaign”

Jennifer Hackenbruch; “Assessment of the Needs of HIV Positive People in Montana”

Rimo Carneiro; “Community-Level Prevention Intervention: The Effects of Gay Men’s Health Retreats”

Tannis Hargrove; “A Phenomenological Study of Reiki Practitioners and their Perspectives of Reiki as it Relates to Personal Health”

Katherine Mills; “Complementary Medicine: Healthcare Provider’s Perceptions and Practices”

HHP Generalist:
Alice Read - “Monitoring Recovery in Collegiate Strength and Conditioning.”
Phil Keller; “Training Characteristics of Males at the 2008 NCAA Division I Cross Country Championships”
Sarah Cummings; “Exploring the Experiences of the Certified Athletic Trainer and the Athlete Post-Surgery”
Drew Babcock; “Injury Rates, Severity of Injury and Access to Specialty Health Care of American Indian High School Athletes in Montana”